



every fortnight

the newham mag

issue 170 // 15 May 2009

> This fortnight's free
What's On listings

> Newham's
news in pictures

> Kids' Corner – win
a meal for four

Free school meals
for every primary child

Onwards and upwards

Regenerating Newham – a special issue

Mayor's Trust Fund
New financial support

Fostering

Change a child's future



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In this issue we tried to cover all things regeneration but with so many developments happening in Newham we soon realised that we'd set ourselves up for a mission impossible! We've only scratched the surface but have

managed to bring you the latest news on some of our key developments, including plans for the historic Queens and Rathbone Markets. We also bring you details of the new Mayor's Trust Fund which hopes to enhance the lives of many worthy people, see pages 22 and 23 for details and an application form.

Anita

Don't forget – Free inside this issue, In Focus, containing news and events from Beckton, Green Street, Manor Park, Plaistow and Stratford and West Ham community forums.

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IN BRIEF //

Free school meals for Newham primary schools

Newham Council is the first in the UK to offer free school meals to all primary school children in the borough. The borough was chosen to pilot a Government scheme for two years from September, to promote healthy eating and ensure that all primary-aged children receive at least one meal per day. Read more about this exciting initiative on page 8.

Custom House ward surgery changes

There has been a change in venue for councillor surgeries in Custom House. See page 38 for more details.

FREE school holiday activities to banish boredom

The borough's latest packed programme of free school holiday activities is set to kick off from 26 May.

The programme is open to anyone who lives in Newham, goes to school in Newham or has a parent or carer working in the borough.

More information on the courses can be found at www.newham.com/whatson, by calling 020 8430 6528, or dropping into a library, Local Service Centre or leisure centre to pick up a brochure.

Correction

In the last issue we printed the wrong number for the Royal Victoria Docks Watersports Centre, in Canning Town. The correct number for enquiries is 020 7511 2326. Apologies to those who tried to contact the centre.

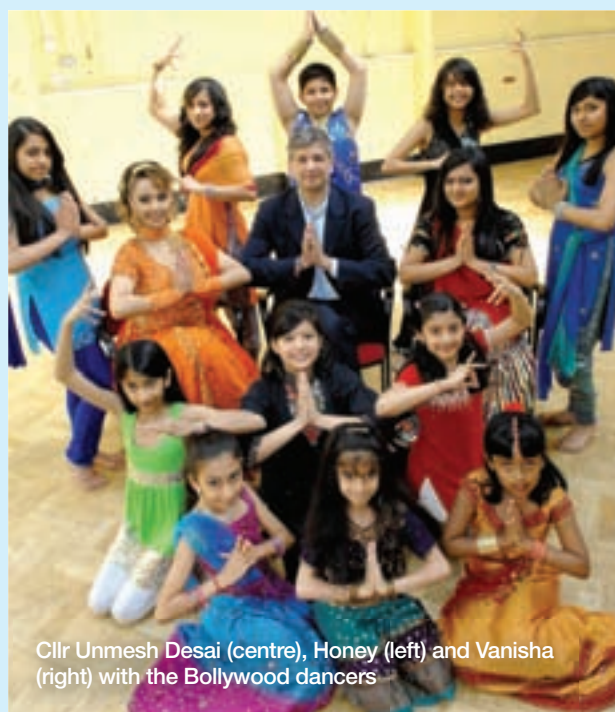


Newham's Bollywood dancers to perform at the Proms

Newham is the first borough in the country to offer Bollywood dance classes. Now, in another first, Britain's youngest Bollywood teacher, Vanisha Patel, 17, is taking part in this year's BBC Proms.

Vanisha will join her two sisters and other fellow dancers from Honey's Dance Academy, based at Upton Community Centre, at the world-famous event. The academy is run by Honey Kalaria, dubbed the UK's "Bollywood Ambassador". She has worked with celebrities including Beyonce and many huge Bollywood stars.

Cllr Unmesh Desai, executive member for community and external affairs, said: "We are Britain's most multi-ethnic borough and Newham is a byword for diversity, community and inclusivity. Fitness and health tops our agenda here. What better way of combining these priorities!"



Cllr Unmesh Desai (centre), Honey (left) and Vanisha (right) with the Bollywood dancers

Council's advice on swine flu

There has been a lot of publicity around swine flu. The World Health Organisation has warned that there could be a global flu pandemic but that stage has not been reached yet.

In the event of a pandemic situation, both the council and NHS Newham are confident that services will be maintained for residents and businesses.

There are a number of basic steps people can take to reduce transmission of all viruses, including swine flu. These include: covering your nose and mouth when coughing or sneezing, using a tissue when possible; disposing of dirty tissues promptly; maintaining good basic hygiene, for example washing hands frequently; cleaning hard surfaces using a normal cleaning product; and making sure children follow this advice.

Anyone who has recently travelled to the affected areas and is experiencing flu-like symptoms should stay at home to limit contact with others and contact their GP or seek medical advice from NHS Direct on 0845 4647.



News



Rokeby students stand proud with their headteacher (far right) Charlotte Robinson and Cllrs (r-l) Regina Williams, Ron Manley and school governor and councillor, Ted Sparrowhawk

Rokeby School commended

In a recent Ofsted report looking specifically at creativity in English at Rokeby School, it was judged to be good with outstanding features. The report singled out in particular the school's staff for their teaching methods, hard work and determination. Well done Rokeby!



Trading Standards seizes 50 sacks of illegal toys

In one of Newham Trading Standards' biggest hauls, officers confiscated about 2,000 illegal toys, some of them lethal. They include unsafe flashing babies' dummies, children's neckties that light up, puffer balls and sabre lights.

Officers swooped on a house in the borough that was being used as a storehouse. The toys are now being independently tested. Now officers are urging the Newham public to be vigilant.

Mayor Sir Robin Wales said: "This is a great result for the council, the result of cracking, intelligence-led work by our officers.

"How the criminals behind these toys sleep at night is beyond me. Well, we have got a message for them: we won't sleep until we have stopped you."

Newham Trading Standards officers have given the following advice to parents:

- > All toys must carry a 'CE' mark and the manufacturer's address. There should also be adequate user instructions.
- > Buy toys that are suitable for the age of the child; this is extremely important where you are buying for children under three-years-old
- > Toys should be purchased from reputable sellers where you can make returns
- > Pay attention to any warnings on the packaging or labels and keep safety instructions for reference

Special safeguards for battery operated toys:

- > Make sure that batteries are the right way round

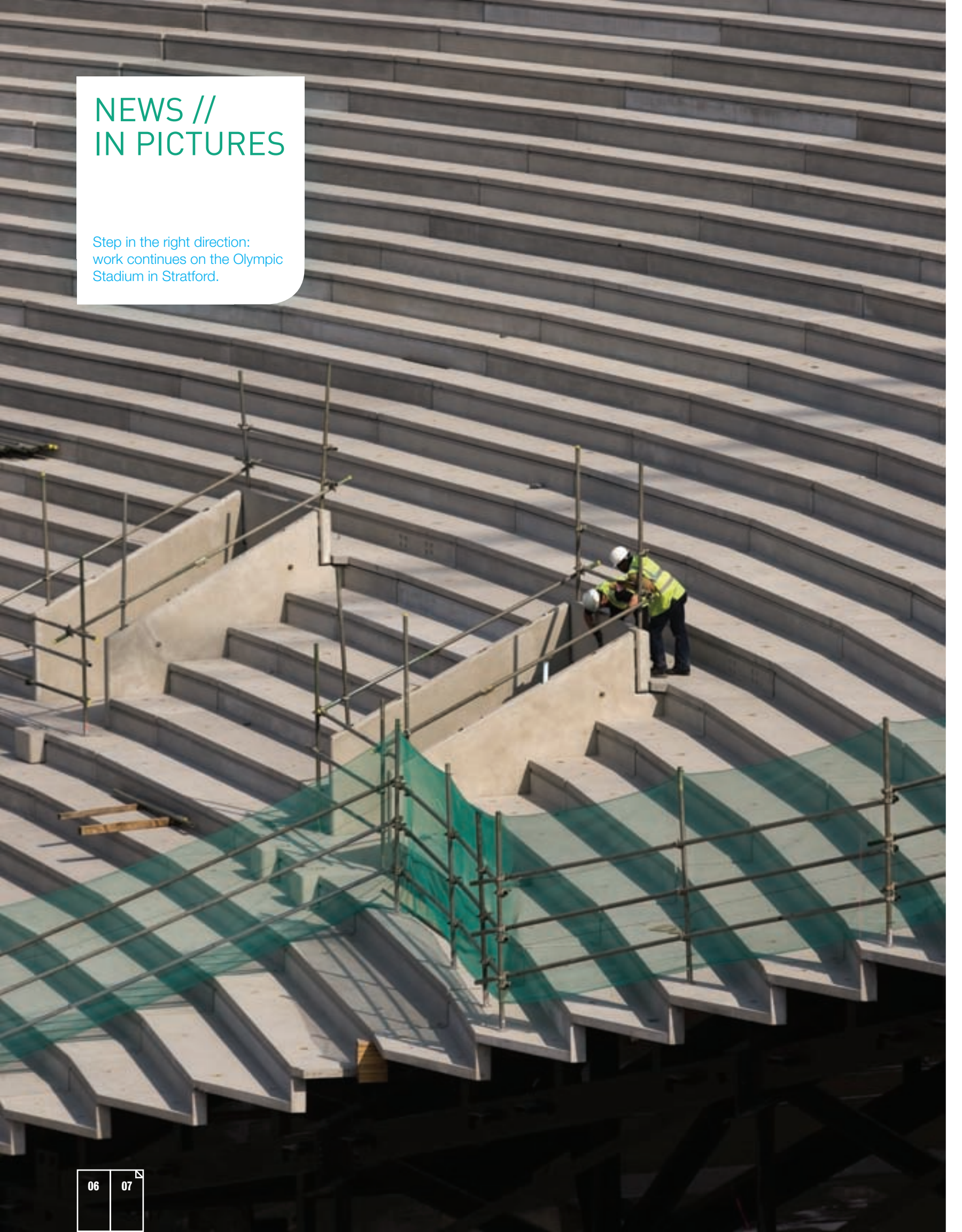
- and do not mix new and used or different types.
- > Use the correct charger for the size and type of rechargeable battery and always remove rechargeable batteries from the toy before recharging them.

Report unsafe toys and goods to Consumer Direct on 08454 04 05 06 or www.consumerdirect.gov.uk.



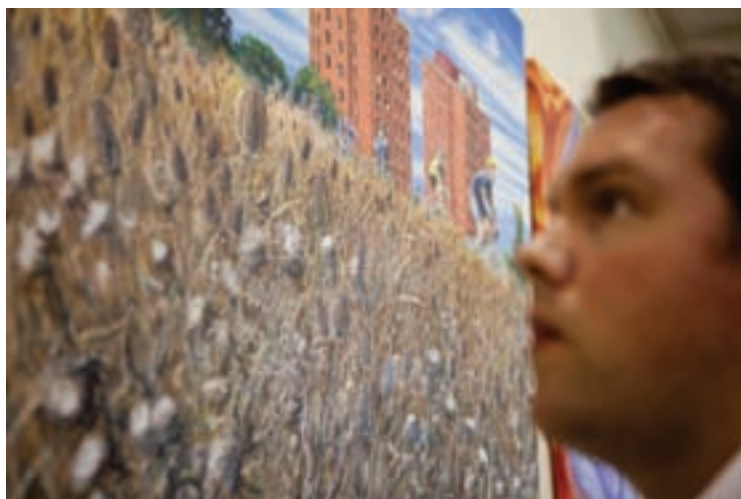
NEWS // IN PICTURES

Step in the right direction:
work continues on the Olympic
Stadium in Stratford.





Cooking up a storm – two Lathom School pupils check out what's on the menu for them and thousands of Newham primary school children who will get free school meals from September



An eye for detail – a submission for the annual London City Airport Art Awards.



All smiles – Sir Trevor Brooking is delighted with the new football and rugby pitches at Memorial Park, West Ham.



Vanisha Patel, 17, prepares to take to the stage at the BBC Proms with members of Honey's Dance Academy. The world famous event will features Bollywood dancers for the first time in its history.

Free meals for primary school children

OK hands up! How many of you remember when school dinners consisted of spam fritters, cheese pie, lumpy mash, soggy cabbage, pink custard or prunes and semolina?

But that, thankfully, is now a thing of the past. In Newham we know how important school meals are and we serve up some of the best in the country. That's why we've been chosen to pilot a scheme to offer free meals for all of our primary school pupils.

The scheme, which we are jointly funding with the Government, will run for two years from September. It will encourage youngsters to eat healthily – but it is not just about the food on the plate. It also means we can make a difference to the lives of pupils and their families, particularly those affected by poverty.

We're doing everything we can to help our families during this economic downturn. We're improving our services so that we have a greater impact on the quality of life and prospects for our kids. They are Newham's future and we need to look after them.

I went to Lathom School in East Ham to help announce the scheme and had a great time sharing a meal with the kids and chatting to the catering staff. I was really impressed to see how the meals meet all the

nutritional standards.

Seeing public money being put to such good use reminded me of why I came into politics in the first place. It's

about doing things that matter. There has never been a better time for your child to stay for a school lunch. After all, a well fed child is a happy child.



Dish of the day – Sir Robin and Cllr Quintin Peppiatt serve up during lunch time at Lathom School before sharing a meal with some of the pupils (above).



Mayor's view

Ask me anything

If you've got a question or concern about any service the council provides, why not put it to me at my next Question Time session in East Ham? The sessions regularly take place across the borough and are open to all residents. The East Ham session will be held on Monday 8 June at Newham Town Hall, Barking Road, E6, from 6.30-7.30pm. I look forward to seeing you there.

Being one of the few elected mayors, I am directly accountable to you. You can meet me and discuss any issues that you think I can help with. To find out more visit my website at www.newham.gov.uk/mayor or call 020 8430 2107 to find out where I'll be.

Mayor about town

My role as mayor gives me the opportunity to meet some amazing residents and visit some great community venues – it's one of the best parts of my job. These are just a couple of the people and places I have visited in the past few weeks.



This month I attended the London City Airport Art Awards, now in its 12th year. As always, I was amazed by the quality and creativity of the submissions. This year's winner was Parvin Khoshdale, from Beckton, pictured here with her prize-winning painting along with London City Airport chief executive Richard Gooding (r) and Ian Tompkins (l), head of corporate affairs at West Ham United FC, who, alongside Newham Council, sponsored this year's event.



When it comes to providing opportunities for people to get together and have fun, I think we do more than any other borough. The new play area in Chandos Road complements the extensive improvements we've made to leisure and play facilities in Newham. You can read more about new facilities at Memorial Park, West Ham, on page 14. I am pictured here with Director of Olympic Legacy Development at the LDA, Gareth Blacker.

with Sir Robin Wales

A boost in the markets



Newham is at the heart of the East End. And if there's one thing the East End's famous for, it's our lively and diverse street markets. Now, the council and its partners are planning to bring two of our best-known markets up to date: Queens Market in Green Street and Rathbone Market in Canning Town. The investments will bring the best possible market shopping to residents, and a great reason for people to visit from outside of the borough. New buildings will give both areas a cleaner, safer and more attractive look and feel. Read on to find out more.

Queens Market

The background

Trading since the 1890s, Queens Market is no stranger to change. It began life as an open street market in Green Street before traders were moved to the Queens Road site in 1904. As business grew over the years, the council made a major investment in 1967, providing a covered area for the stalls, flanked by a number of shops. This 'new' market was underneath James Sinclair Point, a 24 storey block of flats, which was demolished in 1994 due structural issues. This led to a loss of housing in the area and, in turn, contributed to a dip in sales.

The market today

The Queens Market of today is in need of a facelift; with dim lighting and a dated appearance, it's the traders'

commitment to good value that keeps loyal customers coming back, but the dip in sales continues.

Now the council has agreed a multi-million pound redevelopment of the market.

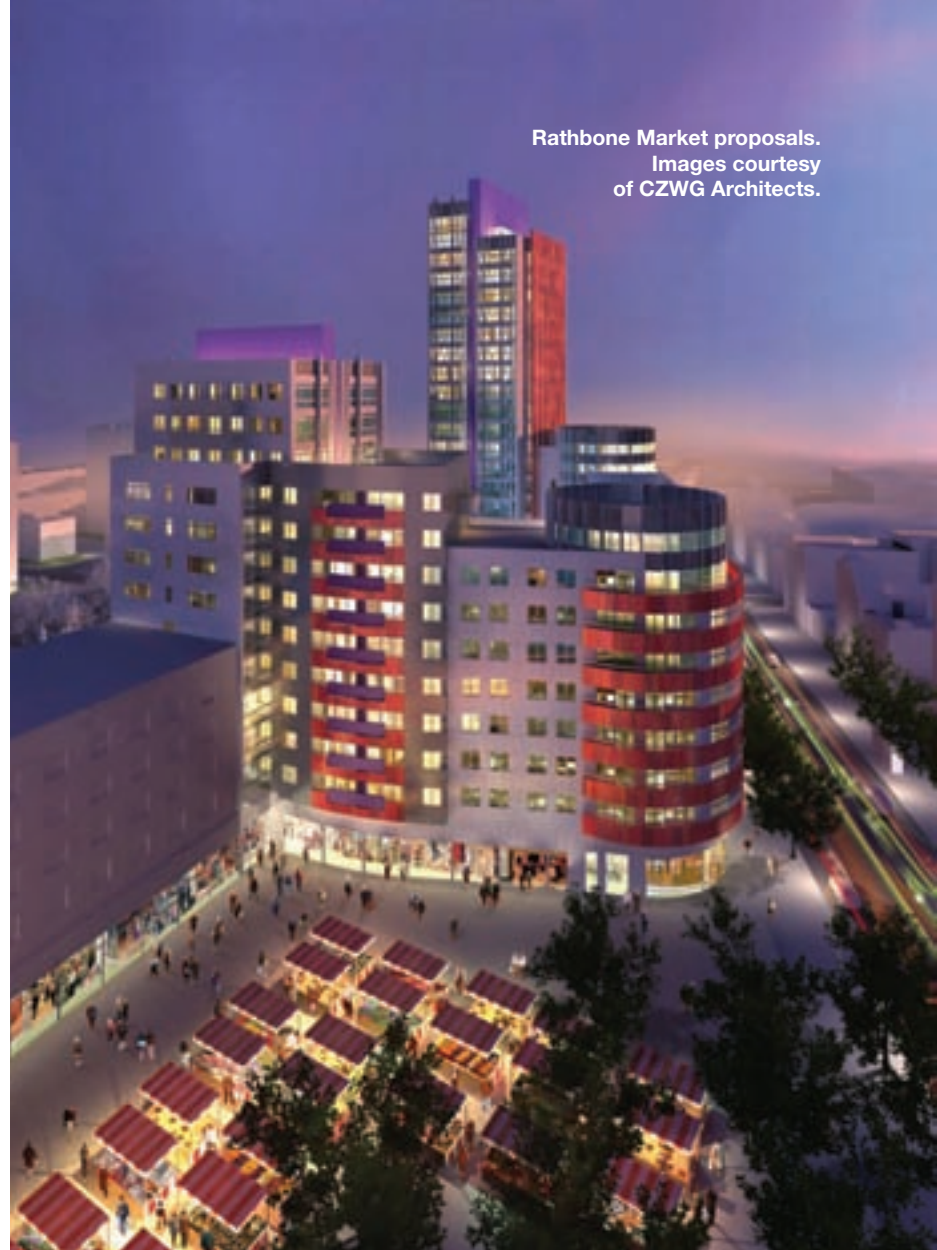
The future

The new development includes:

- > A bigger, grander market hall with 164 market stalls
- > More than 6,000m² of retail units
- > A new community hub (Local Service Centre, Library and other community resources/services)
- > 340 residential units including affordable housing and ten new affordable family residential units, offering significant benefits for the local community
- > New public toilets
- > A new multi-functional space for market stalls, cultural exhibitions and performances along Green Street



Queens Market proposals



Rathbone Market proposals.
Images courtesy
of CZWG Architects.

- Better waste disposal and recycling, including a waste collection area and composters

Now plans have been approved by the council, they must be seen by the Greater London Authority (GLA). With their support, the redevelopment will revitalise Green Street and bring an injection of good quality housing to the area, a proportion of which will be affordable. New housing, new shopping and new services will bring an injection of new life to this unique part of Newham.

Rathbone Market

The background

Rathbone Market has been a thriving focal point for people in Canning Town and the surrounding area for as long as most people can remember. A traditional East End market, it was located in Rathbone Street,

which was lined with hundreds of stalls, attracting people from all over East London and beyond. In the 1960s the market was relocated to its present site on Barking Road.

The market today

There has been a decline in recent years, with the market seeing a slowdown in sales and a general deterioration. However Rathbone Market has a superb history and a great location at the centre of the community in Canning Town. With all the developments going on as part of the Canning Town and Custom House regeneration project, the market will sit in a vibrant new town centre. The council's recently-agreed plans to redevelop the traditional market with partner English Cities Fund will give the market itself an injection of colour, vibrancy and life.

The future

The redevelopment will provide:

- A new market square at the heart of

the development with improved facilities for traders

- Around 650 new homes
- Approximately 4,500 sq m of new shops and cafes that will wrap around the ground floors of the development and border the new market square
- Improved links between Canning Town station and the market area
- Council and community facilities offering a range of public services
- New landscaped open spaces

Executive member for regeneration, Conor McAuley, is looking forward to seeing both developments come to fruition. He said: "These two markets have in the past been lynchpins of the community in Newham. By revitalising them, the council is showing its commitment to that community spirit, as well as to sustainable and affordable local shopping."

DLR Stratford International extension on track

Getting around the borough and beyond its boundaries is getting easier, thanks to construction work to develop the Docklands Light Railway (DLR) Stratford International extension. The line, which will open in summer 2010, will run along the former North London Line route between Canning Town and Stratford stations, and then onward to Stratford International in the Olympic Park.

The extension will consist of new stations at: **Canning Town, Star Lane, West Ham, Abbey Road, Stratford High Street, Stratford** and **Stratford International**.

Trains will run a minimum of every ten minutes, with this increasing to every six minutes during peak times.

As with the rest of the DLR network, the stations will offer fully-accessible entrances and exits to passengers, making them easy to use for people in wheelchairs, with reduced mobility and with pushchairs.

During the London 2012 Olympic and Paralympic Games, passengers using the extension

will be able to quickly and easily move to and from the Olympic Park and other competition venues. Trains are expected to run on the line every two to three minutes.

Passengers of the DLR's Beckton route will also see improvements to their journey with increased capacity on trains. As part of a £18.2m upgrade, an additional car will be added to trains; allowing 50 per cent more passengers to travel along the line.

For more information visit www.dlr.co.uk

For construction on the extension contact **020 8522 6143**.

As part of the improvements, from 23-29 May stations between East India and London City Airport (on the Woolwich Arsenal branch) will close. On 30 and 31 May this closure will be extended from Westferry to Woolwich Arsenal and Beckton stations. Rail replacement bus services will run on all routes but not serve Woolwich Arsenal station as passengers from there can use Southeastern trains.



Approximate journey times from DLR Stratford International station once work is complete

Stratford tube and mainline	two mins
Canning Town	ten mins
Canary Wharf	15 mins
London City Airport	18 mins
Woolwich Arsenal	21 mins

Refuse Service Collection Dates **May 2009**

Please leave your orange bags beside your bin on your property (not on the street) by 6am on the morning of your collections. Green garden waste will be collected in line with the revised times below.

If you run out of orange bags before your next delivery you can always pick up more from your local service centre or library.

For more information please contact
Newham Council on 020 8430 2000

Collection Day

Monday 25th May

Tuesday 26th May

Wednesday 27th May

Thursday 28th May

Friday 29th May

Revised Collection Day

Tuesday 26th May

Wednesday 27th May

Thursday 28th May

Friday 29th May

Saturday 30th May



A NEW DEAL IN NEWHAM

There's been a change taking place in West Ham and Plaistow: cultural events and state of the art facilities have been cropping up all over the area. A Government regeneration programme, run in partnership with the council, has been behind the changes.



West Ham and Plaistow New Deal for Communities (NDC), set up in 2000, is a ten-year regeneration project, targeting an area of particular need. The local community plays a leading role in how the money is spent; for example, several members of the programme's Board are elected residents.

Here we look at three of the projects that are available for the whole borough to use. Executive member for equalities and social inclusion and NDC Board member, Councillor Neil Wilson, said: "These projects show what can be achieved when we work together. Resident input is vital to making a difference to West Ham and Plaistow, and to the wider borough. I hope many of you will be taking advantage of the wonderful resources here."

Memorial Park

The park used to be under-used by residents, despite being a well-placed green space. The council, NDC and other partners have worked together to transform the park. Here's a taste of what you will find there now:

> Multi-use games area (MUGA)

A sports area allowing older children and young adults to get active, whatever the weather.

> Play orchard (under-sevens)

The play orchard has meadow flowers, orchard trees, stepping stones, hills and a story-telling area. Areas of long grass create a habitat for animals and

insects for children to discover.

> Memorial Park sports facility

The brand new facility offers a floodlit synthetic turf pitch, two changing facilities and improvements to the grass pitches. The council wants to increase the numbers playing football and rugby; the facility – and you! – will help to achieve this.

THE hub, Canning Town

The centre's design won an award in the Regeneration Category of the British Construction Industry Awards. It brings benefits for the planet too, with solar panels and a water harvester that uses rain water for toilets and garden irrigation.

Residents can make use of THE hub's nursery, pharmacy, café with free internet access and community hall, which is for hire.

The building is also home to several community organisations.

Grassroots, Memorial Park, West Ham

With its semi-underground design and grass roof, Grassroots reminds visitors of its many environmental and energy-saving credentials. Last year Grassroots won the Best Built Project, Community Scale Scheme category in the London Planning Awards.

The centre provides a nursery, children's centre, café, community hall and First Line, an employment service offering support to adults and young people with learning disabilities.

We visited the opening of the Memorial Park sports facility. Here's what some resident Board members had to say.

Gillian McEvoy

"I've lived around here all my life and there used to be nothing to do. But now you have the Grassroots Centre, the sports facilities and the park. The facilities will help children achieve something but they're also for the whole community."



Liz Ayers

"It's a huge improvement to the area. Facilities like these encourage people to use the park and are great for all ages."



Hazel Watson

"The facilities are great for bringing the community together. We have fun days in the park and there's lots to do for children. It's really revitalised the area."



Sporting legend Trevor Brooking (r) is joined by Sir Robin Wales (l) and West Ham and Plaistow NDC director Peter Elia at the opening of the new sports facility at Memorial Park.



Minding your business

When you think of regeneration does your mind conjure up images of bricks and mortar, building sites and towering cranes? Broadly speaking, the term means change, not just for places but for people too. In Newham one thing's for sure: regeneration has the interest of its people firmly at its heart.

With the eyes of the world soon to be firmly fixed on us, we've got a massive task on our hands to ensure we make the most of the tidal wave of opportunities coming our way. With this in her mind, Alice Van Sertima (pictured) is on a mission. If you have a business in Newham or are thinking of starting one up, she, along with the business development team, can help.

Under the umbrella of economic

regeneration, the team works to assist the borough's existing business community and entrepreneurial residents keen to be their own boss. Alice explained: "We want to attract new business to the borough, stimulate business already here and try to help local people get the jobs that this brings."

But, as simple as it sounds, this is no mean feat and not a task for a lone ranger. Thankfully, Alice works with a team of experts, equally as dedicated as

she is. The council's Workplace scheme offers assistance ranging from marketing techniques to free training opportunities, with further support from East London Business Place – a business service that matches East London buyers to suppliers and vice versa.

All these services, and more, are totally free and echo the council's primary economic regeneration aim, or as Alice puts it: "developing our economy for the benefit



> WORKING LIVES

providers achieve star ratings.”

So how does Alice instil her enthusiasm into the businesses she works with and, more importantly, how does she get them on board? She said: “I am holding a business breakfast next week where businesses can come along and find out about what support is on offer. As a team,

“ We want to attract new business to the borough, stimulate business already here and try to help local people get the jobs that this brings”

we do a fair bit of outreach promoting the services that are on offer from the council and partner agencies.”

Businesses who sell food are next on Alice’s agenda. She’s determined to get as many as possible in East Ham to switch to more sustainable packaging, recycle more and offer healthier options on their menus. To make this happen she’s working with colleagues from the council’s recycling and health partnerships teams.

And, talking of food, Alice has been instrumental in supporting a group of residents and the Newham Food Access Partnership to gain Fairtrade status for Newham.

Alice’s work is never done but despite the scope and range of her work she’d welcome more businesses to get in touch – as they say, every little helps so pick up the phone and give her a call, if you’ve business in Newham it may be the best thing you ever do.

of local people, help local businesses create jobs, help local people to get those jobs and ensure that money coming into the borough stays in the borough.”

Alice’s work during her two-and-a-half years at Newham Council has seen her undertake many projects, one of which promoted the borough as a tourist destination, not just for visitors but for residents too. The Be a Local Tourist campaign won the team a prize

at last year’s Visit London Awards, with hundreds of residents taking a fresh look at their local patch.

Alice explained: “As part of the ongoing visitor economy project we’re working with theatres, dance studios, arts organisations and accommodation providers. The business support we offer looks at the businesses’ accessibility, where they can make environmental improvements and help accommodation

For information about support offered by East London Business Place contact 020 7537 6480. To access the business support team at Workplace call 020 8430 4331. To speak to Alice Van Sertima call 020 8430 316.



Stroke support

May marks Stroke Awareness Month. With stroke being London's second biggest killer, it is comforting to know that the services in Newham are among the top 20 per cent in the country.

This is partly due to the integrated stroke service, joint work by the Newham University Hospital Trust (NUHT) and Newham Primary Care Trust. Strokes affect people in different ways, the most obvious of those being physical, and can have a huge psychological impact on patients and their families. Once a patient leaves the hospital, the integrated stroke service ensures they have access to specialist community and day services. These help to support their recovery and reduce the risk of another stroke.

What we're doing to help

- > The community stroke team works with discharged patients and their families at home, to develop individual rehabilitation programmes that help

patients regain their independence. Day services, open to stroke survivors and carers, provide ongoing support and practical advice on how to cope after a stroke. They also provide the opportunity to share experiences with other patients and families.

- > Newham Council was recently awarded a Government grant to enhance stroke support services. This money is being used to fund Newham Stroke Club, run by stroke survivors, and the Stroke Association Family and Carers Support Service. The club gives members the opportunity to share experiences and provides activities and support to aid rehabilitation, recovery and regaining of confidence. The club, is based at Katherine Road Community Centre, 254 Katherine Road, Forest Gate, E7. The group meets on the last Wednesday of the month from 1-4pm. For more information contact 020 8548 9825 or 07852 387 633.

- > At NUHT high quality services ensure the best possible care for stroke patients. Facilities include a purpose-built ward, the Trust's award-winning nostalgia room, a gym and a dedicated therapies garden.

Help reduce the damage caused by strokes by remembering advice from the Stroke Association.

When a stroke hits act **FAST:**

Facial weakness – can the person smile? Has their mouth or eye drooped?

Arm weakness – can the person raise both arms?

Speech problems – can the person speak clearly and understand what you say?

Time to call 999

Green garden waste collection scheme

Compost your flowers, weeds, grass cuttings, leaves, twigs and small branches using the green garden waste scheme.

For more information or to book a collection please call Newham Council on 020 8430 2000 or visit the website www.newham.gov.uk



Mayor launches charity fund

A brand new grant-giving trust has been set up by Mayor Sir Robin Wales to help Newham residents.



Approved by the Charities Commission, the fund has been made possible by combining a number of charitable deposits (or accounts). The interest gained from these accounts is then offered as payments to those who can demonstrate they need support in the way of relief for adult residents or education for younger residents.

Each application will be assessed by fund trustees, made up of councillors and community organisations. Decisions will be based on the information provided on each application form and assessments will be made twice a year.

Who can apply?

The fund is for the benefit of individuals who are Newham residents; only they are eligible to receive money from the fund.

Individuals can apply for themselves, or a third party (for example council officer, teacher, social worker or community support worker) can apply on behalf of a resident. Charities registered in the borough can also apply on behalf of individuals.

- There are two types of support available:
- > **Relief** – to relieve suffering or assist in recovery from ill health. This is especially to support people to live independently and get access to employment opportunities, or to participate fully in their local community.
 - > **Education** – to support educational development.

The trustees are particularly interested in receiving applications from or on behalf of:

- > children who are gifted and talented
 - > children who are in need of relief
 - > adults who are in need of relief.
- The trustees can provide assistance in the following ways:
- > allocating grants to individuals
 - > providing or paying for goods, services or facilities

- > making grants of money available to other people or bodies to provide goods, services or facilities to successful applicants.

Making an application

The application pack is available online at **www.newham.gov.uk**. You can also use the form included in this article to make your application.

All applications must be submitted in writing. If an individual is applying for themselves, the application must be supported by a referee who can confirm the situation of the individual and the need for the grant.

As much information as possible should be provided about current circumstances, why help is needed and what the funds will be used for: it's important you describe how the money would help improve your or the beneficiary's situation.

The fund cannot be used to provide anything that the council or other local agencies already fund.



The Mayor of Newham's Trust Fund application

I am applying for a gift/donation for:

☐

Myself

☐

On behalf of a potential beneficiary

Beneficiary's details:

Name Date of birth

Amount requested: £

Address

Post code Phone number

Referee/third party details:

Name Job title

Organisation

Address

Post code Phone number

Background and Summary:

Please attach a brief statement in support of the application, including what the gift would be for, why it is required and how it would assist the recipient. You may wish to continue your statement on another sheet, which you should attach to your application.

I confirm that this application, including all supporting documents, is a true and accurate representation of the beneficiary's circumstances and need for support:

Role	Name	Signature	Date
Beneficiary
Parent/carers if the beneficiary is under 16
Referee/third party applicant

Please return this form and any supporting documentation to: **The Mayor of Newham's Trust Fund, Members' Services, Newham Dockside, 1000 Dockside Road, London E16 2QU**

Mayor of Newham's Trust Fund - Registered Charity Number 208350

ROAD RULES



ROAD RULES ARE THERE FOR A REASON. THEY KEEP TRAFFIC FLOWING AND PEDESTRIANS SAFE. NO ONE WELCOMES A PENALTY CHARGE NOTICE (PCN) BUT THEY ARE NECESSARY TO ENFORCE PARKING RESTRICTIONS AND DEAL WITH TRAFFIC VIOLATIONS. IT IS THE COUNCIL'S RESPONSIBILITY TO ENSURE THAT HIGHWAY OBSTRUCTIONS ARE DEALT WITH AS QUICKLY AS POSSIBLE WITH AS LITTLE DISRUPTION TO ROAD USERS AND PEDESTRIANS.

We are making it easier for you to pay your traffic charges and parking fines.

Currently, if you wish to pay for your fine or permit in person or discuss the charge, you can visit The Parking Shop at Pilgrims Way, East Ham.

The Parking Shop will be closing on 31 May. After this date you will be able to pay your fine or Controlled Parking Zone (CPZ) fee at Local Service Centres (LSC) around the borough. As well as offering you more locations where you can pay, LSCs have longer opening hours and many other services all under a single roof, making it more convenient than ever for you to get advice on parking and traffic issues.

Advice on what to do if you receive a Penalty Charge Notice (PCN) or about CPZs is available at Local Service Centres.

WHERE CAN I PAY?

All LSCs listed accept payment by debit and credit card. You can also pay by cash at Stratford, East Ham, Canning Town and Manor Park LSCs.

Stratford: 112-118 The Grove,
Stratford E15 1NS

East Ham: Town Hall Annexe, 330-354
Barking Rd, East Ham E6 2RT

Manor Park: 685-689 Romford Road,
Manor Park E12 5AD

Canning Town: 3 Beckton Road,
Canning Town E16 4DT

Beckton: 1 Kingsford Way,
Beckton E6 5JQ

Forest Gate: 4-20 Woodgrange Road,
Forest Gate E7 0QH

Green Street: 403-405 Green Street,
Upton Park E13 9AU

WHY HAVE ROAD REGULATIONS?

Traffic rules are there for everyone's benefit. The council issues fines to drivers for parking in restricted areas, driving in bus lanes and other actions that stop the borough's roads and car parks operating efficiently. The rules are there to ensure that emergency vehicles are always able to get through traffic and that residents in high-demand areas have priority on parking spaces and that disabled residents can access all the borough's services and amenities.

If you break any of these rules, you will be issued with a penalty charge notice. Executive member for public realm, Councillor Ian Corbett, said: "These regulations make life easier and safer for the vast majority of us that park and drive with consideration for others. The council will not hesitate to prosecute take action against those who break the rules."

The easiest way to pay your PCN or CPZ fee is via the council website at

www.newham.gov.uk. You can pay 24 hours a day, 365 days a year. Payments are instant and secure and you don't even have to leave your house. Alternatively you can call the council and pay over the telephone on 020 8430 2000.

FIRST PARKING PERMIT FREE

Mayor Sir Robin Wales has made 17 pledges to residents for the current year. These promises are based on what residents tell us is important and are designed to help them through the current economic downturn.

One of the promises is that all households within a CPZ will receive their first parking permit free of charge, relieving some of the financial strain on families.

If you want to know more about this, ask at your LSC.

WHAT IS A CONTROLLED PARKING ZONE?

A controlled parking zone, or CPZ, is an area where residents are required to have a permit to park their car. This is introduced in areas where parking becomes difficult because of nearby activities, such as shopping. With a CPZ residents have greatly increased parking available close to their homes.

There are currently 12 controlled parking zones in Newham. If you live in an area that you would like to become a CPZ, speak to your local councillor. You will need to have other neighbours' support to apply for a CPZ.

The young artists show off their work to Cllrs Pat Holland (far left) and Paul Schafer (far right)



CREATIVE CANNING TOWN

Young people have been producing artwork on hoardings opposite Canning Town Tube station – and the council has been celebrating the results. No, we haven't lost our keenness for clean and green; the artwork is the end product of an exciting venture by the council's Canning Town and Custom House regeneration project.

Canning Town and Custom House regeneration project is one of Newham's biggest undertakings – and, in a borough teeming with new developments, that's no small feat! The project, funded by the council and external partners, aims to create a thriving community with the building of up to 10,000 new homes and two improved town centres (see pages 10 and 11 for more on Rathbone Market developments). The £3.7bn investment aims to transform the area physically, socially and economically, based in part on the results of huge consultation with existing residents.

The Canning Town Youth Inclusion Project is one part of the area's social regeneration. A neighbourhood based project working with young people aged

13-17 living in the E16 area, it provides the chance for them to get out, meet new people and enjoy their local area.

Now these young people, led by Newham-based creative agency, Ed-art, have created artwork based on their own impressions and memories of the area, which is on display opposite Canning Town Tube station. The artwork included a huge scale map of the area, with key moments and monuments marked. These are not your usual markers though; one marked a young couple's kiss and another England's 1966 World Cup win.

Young artist Shazad Zaman, 16, pictured, said: "This was a chance to get creative and express ourselves. I really enjoyed the project. I'm quite proud it's out on display in such a prominent place."

Councillors Pat Holland and Paul Schafer were in attendance for the artwork's unveiling. Cllr Holland said: "The art is truly outstanding and very personal. It shows the changes and events in Canning Town and Custom House, both old and new. We hope members of the public take a moment of their time to look on and follow the local history and personal experiences of young people from the area."

For more information on the Canning Town and Custom House Regeneration Project, contact **020 8430 2408** or visit www.newham.gov.uk/services/regenerationprojects

If you'd like to **stop smoking**
we can help you out.
Pop in to a **drop-in** for real
support from real people.

Newham's Stop Smoking Drop-ins



Newham's four Stop Smoking Drop-in venues* are ready and waiting to help you kick the habit.

Pop in for **FREE** friendly advice and support from people with real experience of helping others stop smoking and get access to nicotine replacement therapy (gum, patches etc).**

It's that simple, so don't miss out...drop-in!

The Venues

Health Information Centre (Zone 1) Newham University Hospital

Glen Road, Plaistow, E13 8SL
Tuesdays 10am – 4pm

St John's Church, Stratford

Stratford Broadway, E15 1NG
Saturdays 10am - 12pm
Wednesdays 11:30am - 1:30pm

The Hartley Centre, East Ham

267 Barking Road, E6 1LB
Saturdays 10am - 12pm

Canning Town & Custom House Regeneration Project Office

20 Freemasons Road
Custom House, E16 3NA
Saturdays 10am - 12pm

For further information: Call 0800 013 1673 or text 'QUIT' to 60155

* Each drop-in will remain in operation every week until such a time that the service is no longer viable. Service provision will be reviewed by Newham Stop Smoking Service every 3 months and a decision made to continue with, or end the service in a designated area will be made at that stage. We will try to notify service users directly if a service ceases.

** One prescription charge per week will be collected for the first 4 weeks, then one prescription charge every 2 weeks will be collected thereafter. A maximum of 12 weeks NRT may be supplied. Continued supply of medications is subject to terms and conditions.

There's a massive change happening in the way adults in the borough receive care from the council. Known as self-directed support, it allows individuals to control their own budget and choose their own care. And it's already changing lives for the better.



Linda Bennett

A new direction

For years our more vulnerable residents have had their needs assessed by a social worker. Although the care provided is the best possible, people don't always have the opportunity to have a say in the kind of care they receive. As a result some people can feel frustrated that their needs are not being met.

But this is all now changing with the introduction of self-directed support. The national scheme allows people to control their budget and decide what is best for them – after all, they are often in the best position to decide what kind of care they need.

For example, many older

people are taken to a day centre a few times a week. It's a great way of meeting other people and stopping them feeling isolated. But they don't always have a say in the times they attend or the activities they do. Under self-directed support they may, if they prefer, not go to a day centre at all and instead go swimming, visit a museum or spend the day with a relative.

Before anyone joins the self-directed support scheme an agreed support plan is drawn up and they are supported by the council throughout the process.

Linda's story

Linda Bennett, 63, from Beckton, was diagnosed with throat cancer in 2007 and needed care and support from the council. She had weekly help with shopping, housework and bathing. But she found the hours restrictive and was unhappy with the arrangements. She became one of the first people in Newham to trial self-directed support.

She says: "Self-directed support has made a huge difference to my life. I wouldn't want to go back to the way things were. Beforehand, I had my shopping done on certain days and that was it – I couldn't change it. But now I can chop and change as it suits me. I'm no longer stressed or worried and would recommend it to anyone."

If you would like more information on self-directed support speak to your social worker.

NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090

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Courses available from September 2009

MBA Innovative Management
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MSc Health Informatics
MSc Nano Technology
MSc Computer Networks
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Quote reference : newham170



258 - 262 Romford Road London E7 9HZ
Tel : 020 8552 3071 Fax : 020 8552 3546

Salsa classes

Every Monday & Wednesday
7:30 to 8:30pm

@Durning Hall Centre, Earlham Grove,
Forest Gate, E7 9AB

Every Tuesday 8-9pm Followed by
salsa club until midnight

@Mr. Jack's Wine Bar, 40 St. James Street,
Walthamstow E17 7PE (served by bus route 58)

From beginners to advanced:
All welcome
Only £5 per class

Learn to dance salsa, keep fit dancing, meet
people & have fun!

Info: 07787546309 or 07946815623
www.myspace.com/eastlondonsalsa
Email: kwanza08@btconnect.com



Ethnic communications and marketing workshop

How to effectively reach, engage and sustain relationships with ethnic communities

Aim of workshop

To provide delegates with transferable skills to
plan, implement and evaluate campaigns and
projects that target ethnic and hard-to-reach
communities

Workshop topics

- Mass communication vs ethnic communications
- Cultural sensitivities
- Simplifying key messages
- How to engage with ethnic media
- Composing the right strategies including
outreach and community engagement
- How to best to reach hard-to-reach communities

Communities covered on workshop

South Asian, African Caribbean, Eastern European

Previous attendees

COI, Surrey County Council, Business Link, London
Fire Service, Help the aged, Cross Rail, Digital UK,
Breast Cancer Care, Hackney Council

Who should attend

Public and private sector organisations as well as
local authorities working in marketing, PR, equality
and diversity, HR, recruitment, communications and
other departments that wish to effectively reach
ethnic communities

29 May 2009

TIME 10am - 3pm
VENUE Holiday Inn Express
196 High Street
Stratford E15 2TF



£249 early bird, if booked by 21st May
www.richvisions.co.uk

This workshop is accredited by OCN



For bookings and information contact | email: ruth@richvisions.co.uk call: 02085552200



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Newham

Local Housing Allowance (LHA) rates May 2009

Number of bedrooms

Weekly amount

shared room rate (one bedroom in shared accommodation)	£ 80.20
1 bedroom	£ 161.54
2 bedrooms	£ 205.00
3 bedrooms	£ 253.85
4 bedrooms	£ 300.00
5 bedrooms	£ 369.23

The table shows the rates we will
use to calculate the maximum
amount of housing benefit for
tenants affected by LHA. The actual
amount of benefit that a tenant will
get depends on income, savings
and who lives with them.

From 06 April 2009, the maximum
LHA rate payable for new claims is
for the five bedroom rate only.

How to work out LHA entitlement

The LHA rate a tenant is entitled to
depends on the number of bedrooms
allowed for them and their household.
One bedroom is allowed for

each of the following:

- > a couple
- > a single adult/young person
(over 16)
- > two children of the same sex
under the age of 16
- > two children regardless of sex
under the age of 10
- > any other child

For example, an adult couple with
a child would be entitled to one
bedroom for the couple and one
bedroom for the child.

This means that the 2 bedroom
LHA rate would be used to work
out their benefit.

Call Newham Council Tax and Benefits Service on 020 8430 2000 for further information

NEWHAM SERVICES FORUM

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BUILDING... a better railway

DLR closures will take place from 21.00hrs on 22 May until end of service on 31 May on the following routes:

Friday 22 May from 21.00hrs until close

- Westferry – Beckton/Woolwich Arsenal

Saturday 23 to Friday 29 May

- East India – Prince Regent/London City Airport

Saturday 30 to Sunday 31 May

- Westferry – Beckton/Woolwich Arsenal

These closures will allow us to complete work on a new flyover south of Canning Town.

Replacement bus services will operate on the affected routes, except to/from Woolwich Arsenal station. A ticket or Oyster card valid on DLR will be required for the bus. Mobility-impaired passengers can call **020 7363 9700** for advice.

"The new Canning Town flyover will allow us to run you a better service"

John Evans, DLR Project Manager,
Canning Town flyover

Visit our website and sign up to receive email updates



MAYOR OF LONDON

Check before you travel:

- DLR Customer Services 020 7363 9700
- www.dlr.co.uk/improvements
- 24-hour travel information 020 7222 1234

Transport for London



Come along to a

Family Fun Day

Saturday, June 6th 2009 between 10am and 3pm

There will be a variety of activities for all including **Bouncy Castle**, **candy floss**, **face painting**, **bbq**, **refreshments** and lots of other **family activities**.

Held at the Christadelphian Hall on the corner of Shrewsbury Rd and Bristol Rd, London E7 8QF.

www.christadelphians-eastham.org

Lets create a moment....



Milner Road, West Ham, London E15 3AD
0207 473 4455
www.impressionev.com

Events

Wedding
Walima
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Reception
Birthdays
Anniversary
Product Launch
Social
Gathering
Conference
(for 250 delegates)

Services

Catering
Stage
Waiter Service
Cutlery - Crockery
Video - Photography
Floral Arrangement
Chocolate Fountain
Drink Fountain
Ice Sculpture
Fruit Display
Wedding cakes

Calling all small businesses

Come and have a coffee and a chat on us and lets talk about how you could market and promote your business, goods and services

Friday 29 May

Holiday Inn Express
Stratford

4.00pm - 5.30pm

Limited places email

sharon@richvisions.co.uk

or call 020

85552200



Is construction your calling? Bricks make you tick? Got a hankering for some hammering? You're in the right borough for following your dream, as Thames House, a brand new training centre for construction skills has just opened in Newham.

Thames House, based in North Woolwich, is a new National Skills Academy for Construction, which will be managed by the National Construction College, Europe's largest construction training provider. Newham was chosen as a base for the centre because of the massive regeneration in the borough; projects in their sights include the Olympic Park and Village, Crossrail, Stratford City and Olympic legacy projects.

The centre will offer 2,000 places every year on training courses that meet the

needs of employers, so that its students will have the specific skills for the work that is available. These include in-demand trades such as concreting, formworking, steel fixing and plant maintenance.

Some of these courses have already begun: 12 young adults from the Olympic host boroughs have taken part in a two-week multi-skills course, which earned them their CSCS card test, making them employable on any construction site.

One of the training programme's recipients, Francis, came to London from war-torn Sierra Leone aged 11. With no parental role model, he fell in with the wrong crowd. After deciding to change his life, Francis turned to the Prince's Trust for support. Once ready for work, he signed up to the training programme at Thames House. Now Francis has been offered a

post as trainee with one of the world's largest construction companies. He said: "This is a once in a lifetime opportunity and I am going to grab it with both hands."

Mayor Sir Robin Wales was at the opening of the centre. He said: "Newham Council is in the business of changing people's lives. Greater job opportunities for our residents are one of the most important legacies that the Olympics can bring. We as a council have learned that it is vital to have strong links with employers. It's because Thames House will operate in an employer-centred way that we are so pleased to support it; we look forward to seeing many of our residents in hard hats in and around the borough for many years to come!"

**To find out more call
0344 994 4433.**

Building the future for Newham



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If you would like more information on self-directed support speak to your social worker.

NEWHAM

>> IN FOCUS



Olympic Dreams unveiled



Celebrating St George

As part of the council's whirlwind of events this St George's Day, we provided funding for smaller community groups to put on their own, local events. Katherine Road Community Centre in Green Street held a party complete with the council's free red and white bunting, delicious dishes and some rousing speeches by residents and councillors.

ESOL open day

If you're Bangladeshi and would like to improve your English or get employment advice, find out more at an open day on Tuesday 20 May, from 11am-2pm at the Citizen Development Centre, 414 Katherine Road, E7. The event is delivered by Development Trust, O-Regen, who are also offering free ESOL classes leading to a City & Guilds qualification in English and Literacy. The courses are part-time over 10 weeks; O-Regen can help with travel and childcare. For more information contact Trini Evans at O-Regen on 0208 988 8800 or 07538 100 450.

Mayor Sir Robin Wales attended Godwin School to unveil "Olympic Dreams", a piece of artwork designed and made by the children of class 3F. The school choir sang as the Mayor unveiled the artwork on the school patio.

The children worked in collaboration with a commissioned artist and community arts project, A New Direction. As part of the project, the children investigated the Olympic Games, visiting the Olympic Viewing Gallery in Stratford and exploring creative ideas to make their artwork.

Class teacher, Rachel Fradley, said; "The project has been amazing! The children have really enjoyed working with the artist Tabitha Neal and were overwhelmed by the work they created."

Pupil India Youngs-Smith, aged eight, said: "I felt very excited when the Mayor visited and couldn't wait to show everyone our artwork."

Newham teens use text to save lives

Newham Crimestoppers has launched a text hotline, encouraging teens to use their mobiles to tackle knife crime. Once the text is sent, it arrives at Crimestoppers through special software, which means it cannot be traced.

The information is then passed on to police. It's simple: if you know someone with a knife, text their name and any other information to 88551 or call anonymously on 0800 555 111.

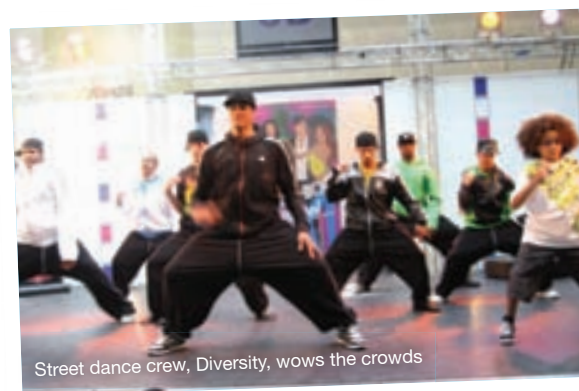


Fashion passion on show at Stratford Centre

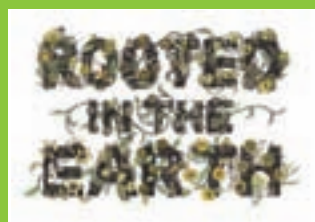
The Stratford Centre hosted a fashion extravaganza, offering visitors the chance to preview the latest trends for spring/summer, indulge in a little pampering and see the launch of a design competition in association with Newham College.

Four high energy, professionally organised shows took place, with recent stars of Britain's Got Talent, Diversity, lighting up the centre.

The fashion competition aims to find fresh design talent from amongst the visitors to the show. Budding fashion designers can come up with their own ideas and illustrate them and the quality of the entries will be judged in consultation with Newham College at a special event to be held at Stratford Centre on Saturday 23 May. For more details of the competition go to www.stratfordshopping.co.uk/newsandevents/news



Say it with flowers



Rooted in the Earth is a competition to have a name written in flowers in a London park. Dead or alive, real or fictional – it's up to you. The competition is London-wide but the organisers are especially

interested in entries from Olympic host boroughs. Send your chosen name and 250 words on why you chose it to Rooted in the Earth, PO Box 6940, London W1A 6TS. Include your name, age, telephone number, postcode and email address. See www.rootedintheearth.co.uk for more details.

Understanding prostate cancer

The Association for Prostate Awareness will be running seminars on prostate cancer at All Saints Parish Church, Hampton Road, Forest Gate during the summer. The cancer is the second most common killer of men in the UK, with African Caribbean men three times more likely than white men to contract it. All are welcome, particularly men aged 45 plus and families affected by prostate cancer.

The seminars will start with Understanding prostate conditions and their treatment, on Thursday 21 May at 6.30pm. On Sunday 14 June come along to hear about Information needs and support following a diagnosis of prostate cancer, from 6pm, and on Thursday 14 June learn about Diabetes, high blood pressure and strokes, from 6.30pm.

The sessions are being run by APA with support from Newham Primary Care Trust. For more information contact Newham African Caribbean Resource Centre on 020 8471 2258 or email info@prostateawareness.co.uk

Multicultural showcase at Gallions Reach

Gallions Reach Retail Park in Beckton will be hosting a FREE multicultural day on Bank Holiday Monday 25 May from 1-5pm.

Performers and exhibitors from various community and voluntary groups in Newham will be promoting their cultures through an array of exhibitions including exotic ethnic food, music and arts and crafts.

For more information or to take part, contact Chukwuma on 020 8555 2200 or email chukwuma@richvisions.co.uk

WIN tickets to the London International Music Show at ExCeL

The spectacular London International Music show (LIMS) is back for its second year at ExCeL in Custom House, from 11-14 June.

As the UK's biggest music show, it features the world's top rock stars as well as an exhibition of the best musical instrument brands. The show offers hands-on experience to try, hear and see everything to do with making, recording and listening to music. From free music lessons provided by Music for Youth to product launches and master classes to celebrity appearances, the LIMS show brings you more buzz, excitement and things to do than you can shake a stick at.

The Newham Mag has ten pairs of tickets to LIMS to give away. To be in with a chance of winning, send your name, phone number, address and email address to Editor, Newham Mag, Newham Dockside, 1000 Dockside Road, E16 2QU before 22 May.

For more details see
www.londoninternationalmusicshow.com

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU

GALLERY



Naimah Qureshi, 7



Winner

Sandadiya Senpathi, 7



Syed, Muhtasim Al-Rafi



Sundus Ahmad, 9

WIN a meal at Caribbean Scene

You could win a tongue tinglingly tasty meal for four at Stratford's Caribbean Scene and give your family a bite of the beach lifestyle, right on your doorstep! If you'd like a chance to win this fantastic prize send your pictures, jokes and poems to **Kids' Corner, West Wing, 4th Floor Building 1000, Dockside Road, London E16 2QU**. Don't forget to write your name, age, address and **contact telephone number** on your entry – good luck!



Jokes

How do you stop a rhino from charging?
Take away its credit card.

How do you stop a fish from smelling?
Hold its nose.

by Antonia Clark, 10



Wordsearch

You must find the following words in the grid:

Biscuits
Flowers
Friends
Happiness
Make-believe
Meadows
Newham
Outings
Picnic
Ribbons
Sandals
Saucers
Sunshine
Teapots
Teddy Bears

M	J	S	S	S	E	G	A	D	N	F	T	I	S	D	N	F
J	A	J	A	N	U	B	A	B	I	N	C	T	M	H	E	N
S	P	H	P	N	D	E	O	L	S	I	G	E	S	T	V	I
N	E	N	W	N	E	A	O	L	S	I	G	E	S	T	V	I
N	E	N	W	N	E	A	O	L	S	I	G	E	S	T	V	I
E	E	R	E	P	T	N	R	S	E	L	C	R	U	V	I	P
W	R	L	R	T	N	S	E	L	C	R	U	V	I	P	I	N
O	E	M	P	M	R	U	B	T	E	L	C	R	U	V	I	P
D	I	E	I	W	E	F	R	O	N	C	T	O	S	S	E	S
A	W	N	W	K	E	G	R	I	Q	N	O	R	E	M	D	N
E	W	N	W	K	E	G	R	I	Q	N	O	R	E	M	D	N
M	A	I	A	T	E	H	C	I	R	E	A	O	R	E	M	D
D	L	M	L	T	E	H	C	I	R	E	A	O	R	E	M	D
N	I	N	I	A	L	U	O	S	S	E	D	B	S	B	O	L
H	A	P	P	I	N	E	S	S	E	D	B	S	B	O	L	T
L	N	O	N	R	F	B	M	B	N	I	B	S	B	O	L	T
E	T	E	G	A	H	D	D	Y	D	I	Y	L	L	M	T	S
S	C	C	C	B	J	W	W	S	R	W	R	F	A	K	P	E

YOUR SPACE

where young people take control

**Got something
to shout
about? Email
your ideas to
newham.mag@
newham.gov.uk**

OLYMPIC PLANS



The Legacy Now Youth Panel, is a dedicated group of young people aged 14-19 from the Olympic host boroughs who have been involved with planning the Olympic Park after 2012. The panel, funded by the London Development Agency (LDA) and five host boroughs, gives regular feedback to the legacy agencies and masterplanners on the Olympic Legacy Masterplans. It is run by Fundamental, an architecture centre based in Stratford, working to bring ordinary people into the processes of change in their own neighbourhoods.

Sabrina Flynn, 16, from Stratford, tells Your Space all about it:

"The Legacy Now Youth Panel has been running since October 2008 and I, along with the rest of the team, have been there from the beginning. Every month we meet up and visit each Olympic host borough and discuss what changes could be made after the Olympics and talk about what qualities the host borough already has that could help develop the legacy plans. So far we have met with architects and master planners to represent young people and to give our views on the Olympic legacy.

"We have also created our own sound piece which will run alongside an animation of the legacy of the Olympic Park, which was a really

fun and insightful project to take part in. We also have the privilege to work alongside organisations such as the LDA, Olympic Delivery Authority, London Organising Committee of the Olympic Games, EDAA [a design and planning company] etc.

"The whole atmosphere of the Legacy Now Youth Panel is just an experience in itself as you get to work and socialise with fantastic people around your age and allows you to hear people's opinions from different areas to your own. I also think the organisers and youth workers who accompany us to all of our events are incredible as they have allowed us to achieve so much."

It's our time, look to the future, look East!

On 17 July the panel will host an interactive event for other young people about the exciting plans for East London. If you would like to come along to the event which starts at 5pm at The Ocean in Hackney please contact Julie Creffield at Fundamental on 020 8471 7929 or email julie@fundamental.uk.net

WHAT'S ON?

**FOUR PAGES
OF ACTIVITIES
MOSTLY FREE,
ALL FUN!**

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

15 – 29 MAY

ALL LIBRARY LISTINGS

UNDER 5s GROUPS

All open to under 5s with their
parents/carers.

Storytelling
Beckton Globe
Friday 10-11am
Canning Town
Monday 10.30-11.30am
Custom House
Tuesday 10.15-11.15am
East Ham Wednesday 2-3pm
The Gate Friday 11am-12noon
Green Street Thursday
10.30-11.30am
Manor Park Thursday
10.30-11.30am
North Woolwich
Thursday 2-3pm
Plaistow
Tuesday 11am-12noon
Stratford Tuesday 11am-
12noon and Friday 2-3pm
Crafts Club
Manor Park
Tuesday 10.30-11.30am
Stratford
Monday 10.30-11.30am
Toy Library
Beckton Globe Monday
10am-12noon and
Thursday 1-3pm
East Ham Tuesday
10am-12noon and Thursday
10am-12noon
Messy Play
Beckton Globe Tuesday 19
May 1.30-2.30pm
Imaginative Play
East Ham Friday
10.30-11.30am
Reading Is Fundamental
Celebration Days – Call

your local library to book.
During these sessions there
will be interactive storytelling,
interactive play, freebies, and
reading tips.

Beckton Globe

Friday 15 & 29 May 10-
11.30am and 1-2.30pm

Canning Town

Wednesday 27 May 10-
11.30am and 1-2.30pm

Canning Town

Wednesday 20 May 10-
11.30am and 1-2.30pm

ADULT READING

Adult Reading Group

East Ham Monday 18 May
6.15-7.45pm

Gujarati Reading Group

Green Street Thursday 28
May 2pm-4pm

Malayalam

Reading Group

East Ham Thursday 21 May
6pm-7.30pm

OTHER GROUPS

Over 50s Club

Beckton Globe

Tuesday 9.45-11.45am

Click-On

East Ham Friday 10am-
12noon and 2-4pm

Plaistow Friday 10am-
12noon and 2-4pm

ICT Surgeries

East Ham

Friday 4pm-5pm

The Gate

Thursday 10am-12noon
Writers Group

The Gate

Tuesday 26 May 5.30-7.30pm

YOUNG PEOPLE

Homework Club – For
young people aged 7 to 14.
School term only.

Beckton Globe

Tuesday 19 May 4-6pm

Canning Town Saturday 16 &
23 May 10-12noon

Custom House Saturday 16
& 23 May 10-12noon

East Ham Monday 18
May 4-6pm

The Gate Thursday 21 May 4-6pm

Green Street Tuesday

19 May 4-6pm

Manor Park Saturday 16 & 23
May 10-12noon

North Woolwich Thursday 21
May 3.30-5.30pm

Plaistow Thursday

21 May 4-6pm

Stratford Monday 18

May 4-6pm

Children's Games Club –
For children aged 5 to 12.

Canning Town Thursdays 21
and 28 May 4-6pm

Games Club – PS2 and
Xbox games, music, board
games and more activities for
ages 8 to 13.

Custom House Saturday 2-4pm

East Ham Tuesday 3.30-5.30pm

Manor Park Thursday 4-6pm

Teenage Games Club –

PS2 and Xbox games, music,
board games and many more
activities for ages 12-16.

Beckton Mondays and

Wednesdays 3-5pm

Family Reading Group A
chance for children aged five
to 11 and their families to read
together and have fun.

The Gate Saturday 30 May
2.30-4pm

Teen Xtra Evenings – Free
activities for ages 12 to 21.

The Gate Friday 6-8pm

Stratford Playerz

Stratford Thursday 21 May
5.30pm-7.30pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford
Way, E6 5JQ. 020 8430 4063

Canning Town Barking Road,
E16 4HQ. 020 7476 2696

Custom House Prince
Regent Lane, E16 3JJ. 020
7476 1565

East Ham High Street South,
E6 6EL. 020 8430 3647

The Gate 4-20 Woodgrange
Road, Forest Gate E7 0QH.
020 8430 3838

Green Street 337-341
Green Street, E13 9AR. 020
8472 4101

Manor Park Romford Road,
E12 5JY. 020 8430 2207

North Woolwich 5 Pier Parade,
E16 2LJ. 020 8430 5900

Plaistow North Street,
E13 9HL. 020 8472 0420

Stratford 3 The Grove,
E15 1EL. 020 8430 6890

Archives and Local Studies:
020 8430 6881



SPORTS PROGRAMME

Sessions are open to 8-18 year-olds, free unless otherwise stated and for all abilities. For more information call 020 8430 2484 or visit www.newham.com/2012Games. See venue code on opposite page.

Athletics

Every Friday 4.30-6pm 8 to 19 years, **DF**

Basketball

For ages 8 to 19 unless otherwise stated.

Leyton Orient Community Sports Programme (LOCSP)

Monday 3-5pm, **WP**

Monday 7-9pm, **FC**

Youngbloods

Basketball Club

For more information please contact Caroline Charles 07958 307 657 or Steven on 07940 111 175.

Tuesday 6-8pm, under-15s and under-14s, **EH**

Tuesday 8-10pm, under-18 and under-16 boys, **EH**

Tuesday 5.30-7.30pm, under-16s and under-15s, **NL**

Thursday 6-8pm, under-15 boys national league, **NL**

Saturday 1-3pm, under-13s and minis, **EH**

Cricket

Thursday 5-7pm, 8 to 16 years

Newham Cricket Club
Langdon School

£1 per session

Tuesday 5.30-7pm,

8 to 19 years, **SC**

Thursday 4.30-6pm,

8 to 19 years, **DF**

Football

Monday 6-8pm, **PP**

Tuesday 5.30-7.30pm, **LI**

Tuesday 5-7pm, **ST**

Tuesday 5-7pm, **PC**

Wednesday 4.30-6.30pm, **RV**

Wednesday 5-7pm, 8 to 19

years, **ST**

Wednesday 7.30-9.30pm, 16+

years (£2 charge), **SC**

Thursday 5-7pm, **SC**

Thursday 6-8pm, **FG**

Friday 4-5.30pm (term time only), **SJ**

Friday 6-8pm, **PR**

Saturday 2-4pm, 6 to 14 years (£3 charge), **SC**

Ascension Football Academy

For more information please contact Louise on 07841 749 292.

Saturday

School years R to 3:

9.30-10.30am

School years 4 to 7:

10.45-11.45am

School years 8 to 11:

12noon-1.30pm

£2.50 per session

King George V Park

Newham All Star Sports Academy (NASSA)

For more information please visit www.nassa2012.org.uk

Monday 6-7.30pm 12-16

years mixed; 7.30-9pm

18+, **NL**

Tuesday 4.30-6pm

at **SB** (girls 11 to 16)

Thursday 6-8pm

CS, mixed (11 to 16 years)

Friday 16.15-15.30 (mixed

8 to 11years) 3.30-7.30pm

(mixed 12 to 16years), **CS**

Saturday 11am-1pm

SB, (mixed 8 to 11years)

Estates Football and Basketball League

Monday 6-8pm, under-14s

and under-17s, **SC**

Tuesday 5.30-7pm, under-12s

and under-14s, **DF**

Friday 6-8pm, under-14s and

under-17s, **LM**

Newham Swords Fencing Club

Thursday 6-8.30pm

Kingsford School

Friday 6-8.30pm

Lister School

Ages 8 to 18 years

Mini-fence sessions for 5 to 7 year olds

For more information call Linda on 07956 618 898

Football and Basketball

Monday 3-5pm

Winsor Park

Wednesday 5-7pm

New Beckton Park Ball Cage

Wednesday 4.30-6.30pm, **FP**

Wednesday 6-8pm, **PL**

Thursday 4.30-6.30pm, **PR**

Thursday 5.30-7.30pm, **BR**

Friday 5-7pm, **LG**

Friday 5-7pm, **CT**

Multi-Sports

Monday 5-7pm,

8 to 19 years, **LP**

Monday 5-7pm,

8 to 19 years, **AS**

Tuesday 4-5pm, **CD**

(term time only)

Tuesday 5-7pm,

8 to 19 years, **ST**

Wednesday 4-5pm, **CD**

(term time only)

Wednesday

5-7pm, 8 to 19 years, **TC**

Wednesday 5-7pm, **ST**

Wednesday 4-6pm, 10 to 19

years, **CP**

Wednesday 5-7pm, 8 to 19

years, **MR**

Thursday 5-7pm,

8 to 19 years, **TC**

Eastlea Handball Club

Thursday 4-5pm

11 to 18 years

Eastlea School

Thursday 5-6pm

4 to 11 years

Eastlea School

Stratford Handball Club

Monday 3.15-4.15pm

11 to 18 years

Stratford Secondary School

Monday 4.30-5.30pm

4 to 11 years

Stratford Secondary School





16+ schedule

Monday

Non Contact Boxing
Little Ilford Youth Centre,
Rectory Road, Manor Park
E12 6JB
6.00-8.00
AIR Football, **ST**
7.00-9.00
Twilight Football
Kingsford Community School
Kingsford Way Beckton E6
5JG, 6.30-8.30
Call Martin Tilbury on
020 8522 5778 for more
information

Tuesday

Non Contact Boxing
Shipman Youth Centre,
Prince Regents Lane Custom
House E16 3JH (closed for
refurbishment) 7-9pm.
Call 020 8476 1189 for more
information
Football
Gallions Primary School
Warwall Beckton E6 6WG
3-4.30pm
Table Tennis
Britannia Village Youth
Centre, 65 Evelyn Road West
Silvertown E16 1TU
5.30-7.15pm
Call Vicky Parver on 020 7476
1252 for more information

Wednesday

Non Contact Boxing
Britannia Village Youth
Centre, 65 Evelyn Road West
Silvertown E16 1TU, 6-8pm
Basketball, **WP**, 7-9pm
East Potential Football, **ST**,
5-9pm
Twilight Football
Kingsford Community School,
Kingsford Way Beckton E6
5JG, 6.30-8.30pm

Thursday

Non Contact Boxing
& Table Tennis
Priory Park Youth Centre
6-8pm
Table Tennis, **WP**

(closed for refurbishment)
5-7pm
Football, **WP**, 5-7pm
Call Paul Lemonius on
020 8586 7043 for more
information.

Friday

Non Contact Boxing, **WP**
(closed for refurbishment)
6-8pm
AIR Football, **ST**, 7-9pm
Twilight Football
Kingsford Community School
6.30-8.30pm

Venue Addresses

AS Alma Street MUGA
Stratford E15
BR Barking Road Rec
Burgess Road, East Ham E6
TC The CAGE (Chatsworth
Active Games Enclosure)
Cruickshank Road,
Stratford E15
CP Cann Hall Park
Off Cann Hall Road, E11
CT Canning Town MUGA
Corner of Freemasons Road
and Sophia Road, E16
CD Carpenters and
Docklands Centre
98 Gibbins Road, Stratford
E15 2HU
CS Cumberland School
Sports College
Oban Close, Plaistow E13 8SJ
DF Drapers Field
Temple Mills Lane, off Leyton
High Road, E15
EH East Ham Leisure Centre
324 Barking Road,
East Ham E6 2RT
FP Ford Park,
Canning Town, E16
FG Forest Gate Youth Centre
Woodgrange Road, E7
FC Froud Centre
Toronto Avenue,
Manor Park E12 5JF
LP Langthorne Park
Off Leytonstone High
Road, E11
LM Leyton Manor Park
Off Capworth Street,
Leyton E10

LG Lister Gardens Park
Corner of Upper Road and
Florence Road, Plaistow E13

LI Little Ilford Ball Cage
Reynolds Avenue,
Manor Park E12

MR Major Road Ball Cage
Stratford E15

MP Memorial Park
West Ham E15

NB New Beckton Park Ball
Cage, Savage Gardens,
Beckton E6

NL Newham Leisure Centre
281 Prince Regent Lane,
Plaistow E13 8SD

PC Phoenix Cage
Milner Road, West Ham E13

PP Plaistow Park
Balaam Street, Plaistow E13

PL Plashet Park
Woodhouse Grove,
East Ham E6

PR Priory Park Ball Cage
William Morley Close,
Upton Park E13

RV Royal Victoria Gardens
Pier Road, North
Woolwich E16

SB Sarah Bonnell School
Deanery Road,
Stratford E15 4LP

SC Score Complex
100 Oliver Road
Leyton E10 5JY

SP Scud Park Ball Cage
Tant Avenue,
Canning Town E16

ST Stratford Park
Densham Road,
Stratford E15

SJ St John's Community
Centre, Albert Road, North
Woolwich E16

WP Winsor Park, Warwall,
Beckton E6

ALL OTHER LISTINGS

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Mondays at Eastlea multi-sports
club for SEN & disabled young

people, Eastlea Community
School from 4-5.30pm

Multi-Activities

People with Disabilities Club,
Tuesdays at Newham Leisure
Centre from 10.30am-12noon

Swimming

People with Disabilities Club,
Tuesdays at Newham Leisure
Centre from 3-5pm
Newham Otters Swimming Club,
Saturdays at Newham Leisure
Centre from 4.45-5.45pm
Real Life Parenting, Sundays
at Balaam Leisure Centre from
2-4pm

Trampolining / Fitness / Swimming

SEN and disabled adults at
Newham Leisure Centre,
Tuesdays from 10am-4pm

Get fit for free

Free use of the gym for one
year for people with learning
disabilities at Newham Leisure
Centre on Tuesdays from 1.30-
3.30pm. To book an induction
you must contact Susy Massey
on 020 7511 4477

Goalball

First Thursday of the month
at Newham Club, Brampton
Manor School from 5-7pm

B1 Football Club

Third Sunday of every month
at East Ham Leisure Centre
from 10am-12midday



COMMITTEE MEETINGS

The following meetings all take place at Newham Town Hall, East Ham, unless specified.

Newham Partnership – Employment and Enterprise Local Action Partnership Board

Tuesday 19 May, 3.30pm

Overview and Scrutiny Committee

Tuesday 19 May, 7pm

Newham Partnership Board

Thursday 21 May, 3.30pm

Cabinet

Thursday 21 May, 5pm

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available on the Newham website – www.newham.gov.uk

The Forward Plan, also available on the Newham website, sets out all Key Decisions to be taken over the next 4 month period. The May Edition of the Forward Plan was published on 16 April 2009.

NEW DETAILS FOR CUSTOM HOUSE WARD SURGERIES

Councillor Patricia Holland

First Saturday of the month
Time: 10-11am
Place: St Joachim's Catholic School, Shipman Road, Custom House, London E16 3DT

Councillor James Butler

Second Saturday of the month
Time: 10-11am
Place: St Joachim's Catholic School, Shipman Road, Custom House, London E16 3DT

Councillor Conor McAuley

Third Saturday of the month
Time: 10-11am
Place: St Joachim's Catholic School, Shipman Road, Custom House, London E16 3DT

STRATFORD MUGA ACTIVITIES

Monday

Community Forum Ladies, 5.30-9.30pm

Tuesday

Basketball, 5-6.30pm
Focus E15 Football, 8-10pm

Wednesday

Handball U12s, Handball Courts, 4-5pm
Handball U16s TID, Handball Courts, 5-7pm

Thursday

Newham Junior FUTSAL, 5-7pm
Newham FUTSAL League, 7-10pm

Friday

Focus E15, Football session, 7-10pm

Saturday

Newham EBS Basketball, 12noon-3pm (every 2nd Saturday of the month)
Newham EBS Handball, Handball Courts, 10am-1pm (every 3rd Saturday of the month)
Russian Circle "Zaniye", Old MUGA, 3-6pm

Key holders: LOCSP: 020 8556 5973; Darren Watson: 0208 430 2489; Leon O'Sahon: 020 8430 2479

OTHER EVENTS

West Ham Bowling Club

New members welcome
Accessible to players with disabilities
Mondays to Fridays, 12.30-3.15pm
Beginners Wednesdays, 6-8pm
Bowls Pavilion
Stratford Park, Densham Road, E15
Call 020 8471 5252 or email branch secretary John at john@boatmaster.co.uk

Get Fit @ The Hub

123 Star Lane, Canning Town, London E16 4PZ
Equipment provided
Mondays 1-2pm, 18+
£2 unwaged / £4 waged

Free training

Faith-based charity C E M UK is holding free training sessions in Stratford for people who are unemployed or have been made redundant. The sessions will help with career planning, motivation, effective communication, creating a great CV and more.

The training will take place one day a week for 12 weeks and is delivered by qualified and experienced tutors.

To book a place or for more information call 020 8551 9442 or 0798 465 7329.

USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to Mayor Sir Robin Wales at Newham Town Hall, Barking Road, East Ham E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.com/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the editor of The Newham Mag, call Anita Plaha on 020 8430 2000 or email newham.mag@newham.gov.uk





Summer Centres

FREE - until 30 October 2009

Aged 50 and over?

Make the most of summer and get out and about in Newham!

Summer Centres near you are opening their doors for you to get active and enjoy:

- Dance and exercise
- Walks
- Outings
- Enjoy a game of bingo, carrom or dominoes with friends
- Darts, kurling, swimming, table tennis, swimming and badminton
- Afternoon tea and bowls in the park
- Midsummer ball
- Make new friends

And lots more!

Choosing your own hospital.

Is that too much to ask?



We don't think so.

Since April 2008, if your GP needs you to see a specialist, you can choose to go to any hospital in England, including many private and independent sector hospitals*. You can choose the hospital with the best reputation or shortest waiting times, or simply the one that is most convenient for you.

For more information, ask your GP practice or visit our website.

www.nhs.uk/choices

*You may not be given a choice when referred to mental health services or where speed of access is important, such as suspected stroke, heart attack or cancer.

**It's
your
choice**